

## THE INFLUENCE OF NATIVE FAMILY ON COLLEGE STUDENTS' MENTAL HEALTH

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### ABSTRACT

Mental health has become an increasingly significant concern in higher education institutions in China. With the rapid development of China's economy and society, pressure on college students has grown exponentially. The demands of academic performance, social integration, and future career prospects contribute to the stress experienced by students. This study explored these relationships through questionnaires distributed to 411 college students from diverse backgrounds in China. By synthesizing quantitative and qualitative research methods and combining a literature review of existing studies, this study explores the current situation and related factors of college students' leadership from various aspects, such as family environment, campus culture, and social identity. The study used questionnaires and in-depth interviews as data collection methods, and developed corresponding research tools. The study findings confirm hypotheses on mental health issues among Chinese college students and the impact of family origin. This highlights the need for mental health support services and family education programmes. Regional differences in mental health suggest cultural and social influence. This study provides valuable insights for improving students' mental health and informing policy decisions. Further research can explore additional factors that influence mental health and evaluate the effectiveness of interventions.

**Keywords:** Native Family ; College Students' Mental Health Influence

### INTRODUCTION

Importance of Mental Health in Chinese Higher Education. has become an increasingly significant concern in higher education institutions in China. With the rapid development of China's economy and society, pressure on college students has grown exponentially. Academic performance, social integration, and future career prospects contribute to the stress experienced by students. Consequently, mental health problems such as anxiety, depression, and suicidal ideation have

become more prevalent among college students in China. (McKinley, Et al, 2023: 1475-1481)

Thus, the importance of addressing mental health issues in higher education cannot be overstated. A healthy psychological state that it essential for students to achieve academic success, develop interpersonal skills, and maintain overall well-being. Furthermore, promoting mental health awareness can create a supportive campus environment that encourages open communication and reduces stigma surrounding mental health issues for the impact of family of origin on college students ' mental healthily

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The family of origin, where a person grows and forms their initial beliefs and values, plays a crucial role in shaping the mental health of college students. Various factors within the family environment, such as parenting style, family structure, and socioeconomic status, can significantly influence students' psychological well-being. (Taylor, & Sirois,2012)

After entering university campus, college students leave their parents who have raised them for more than ten years, gradually get rid of their dependence on them in life and psychology and begin to face with social reality independently. (Hanawi, et al 2020:1-7) They gradually re-evaluated the influence of the family of origin on the formation of their worldview, life outlook, and behavioral as well as the relationship between themselves and their parents (Liao, 2007). Although the influence of family of origin on individuals has been confirmed by many studies, researchers have paid more attention to children and adolescents but less attention to college students, and the results of these studies are fragmented, failing to explore the influence of family of origin on college students as a whole. This study aimed to analyze the influence of the family of origin system on the mental health of college students. ( Zhang, et al 2021: 9-16)

The purpose of this study is to examine the relationship between the mental health of college students family structure 2. family structure, parental socioeconomic status, and 3level of family system differentiation in their families of 4origin environment Specific questions include as follows level of family system differentiation mediating effects of different family origin environments.

Does the of college students affect their mental health? Does parents' status affect college students' mental health? .Is the associated with college students' mental health? Is there an impact of the on the mental health of college students? By addressing these

research questions, this study aimed to provide a comprehensive understanding of the mental health landscape among Chinese college students and the role of the family of origin in shaping their psychological well-being. The findings from this research will inform the development of targeted interventions and support systems to enhance students' mental health and promote academic success in Chinese higher education institutions.

## Objectives

1. To examine the impact of family structure on the mental health of college students and to identify significant differences, particularly in the context of single-parent families.

2. To investigate the effect of parental socioeconomic status on the mental health of college students, with a focus on understanding how lower family socioeconomic status correlates with poorer mental health outcomes.

3. To examine the impact of family system differentiation on the mental health of college students, specifically to assess how lower levels of family system differentiation are associated with poorer mental health outcomes.

The research pathway is shown below.

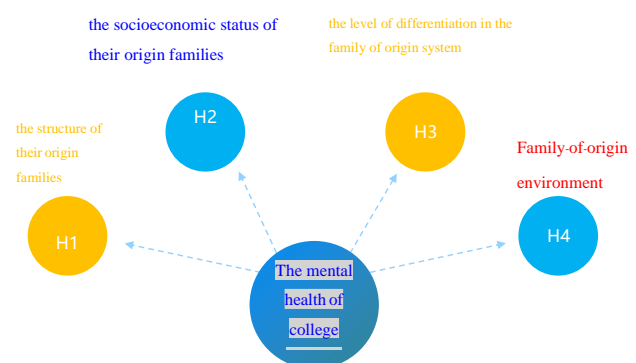


Figure 1 Research Hypothesis

## Hypothesis

H1 The structure of their Ong families in impact of family structure on the mental health of college students.

H2 The social economic status of their origin families.

H3 the level of differentiation in the family of origin system specifically to assess how lower levels of family system differentiation.

H4 associated with poorer mental health outcomes family environment.

## Conceptual framework

This study takes the macro- and micro-theories in developmental psychology regarding the relationship between the environment and individual development as a perspective, empirically analyzes the family factors affecting college students' mental health in a systematic way, constructs a family ecosystem model of college students' mental health, analyzes the family factors affecting mental health in depth, and provides ideas on the direction of counseling and strategies, with the aim of providing suggestions and countermeasures for the development of mental health education in colleges and universities, which are supported on a theoretical basis and focused on the problems to be solve.

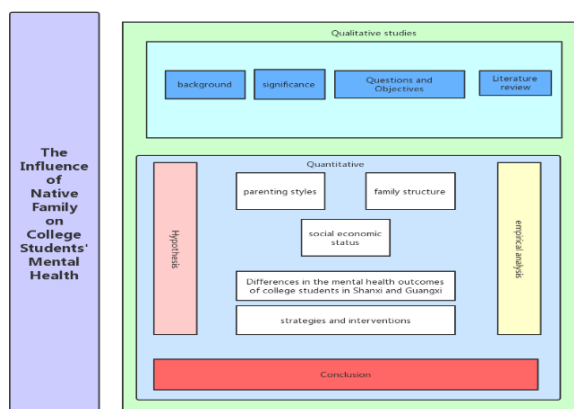


Figure 2 Conceptual framework

## Literature Review

Morrison-Valfre, M. (2016). Concept of Mental Health. The concept of mental health has been studied by academics for a long time, and although it is a relatively mature concept, it is difficult to reach consensus because of its rich connotations. Caplan, & Caplan, (1999) Since the beginning of the twentieth century, scholars at home and abroad have begun to elaborate and define it from different angles, but no unified definition has been formed. Mental health is defined in the Concise Encyclopedia (Britannica Marx, 2012) as the state of optimal functioning of an individual's psyche within the limits of the individual and his/her environment, which is influenced by various factors; therefore, it does not refer to an absolute state of perfection but rather to a state that is the most realistic and adaptive state At the same time, psychiatrist Menninger believes that mental health is an adaptive situation in which there is happy and efficient interaction between people and their environment. According to Rogers, & Pilgrim, (2021) sociologist Bochm, mental health is a social behavior that is both socially acceptable and pleasurable. According to psychologist Edenetal, mental health is a sense of satisfaction with self-actualization, a positive experience of success in life and work, and an open and positive mindset. Also proposed a similar definition, that is, mental health is a sustained state of mind with positive inner experience and full vitality, and when individuals maintain mental health, they can adapt well to society and can effectively realize their potential and positive social functions. (Kieran, ei al 2010)

According to Chen and others, mental health is a state in which an individual's potential is fully developed and in which internal psychological coordination and external behavioral adaptation are unified

## RESEARCH METHODOLOGY

### Population and Participants

This study used a questionnaire survey targeting 411 college students from different backgrounds. The data collected included with both closed- and open-ended questions to obtain quantitative and qualitative information for data analysis. This study aimed to highlight the importance of mental health in higher education and the impact of family background on students' well-being. In terms of quantitative analysis, the researcher can use statistical methods to analyze the data from the closed-ended questions in the questionnaire, such as correlation analysis or regression analysis, to explore the relationship between different variables. In terms of qualitative analysis, the researcher analyzed the content of the open-ended questions in the questionnaire to tap into the students' perspectives and experiences and combined them with quantitative data to gain a comprehensive understanding of the psychological well-being of the study participants and the influence of their family backgrounds on them.

Sampling was past conducted from a variety of family backgrounds, the goal comes from basic mental health examinations, and a list of students registered at the university. The confidence level exceeds 95%. It is divided into strata such that everything is related to the research question. Data collection tools: To ensure confidence and accuracy, questionnaires and surveys were pre-tested with a small group of college students. Identify potential problems such as unclear or vague questions and made the necessary corrections. Questionnaires and surveys were also developed based on the relevant literature and previous research results. This is to ensure that the variables of interest, as well as the interview data, can be accurately captured. The collection of information from survey questionnaires is

an important component. Consent was obtained to distribute the questionnaires to meet the objectives of the study and keep information secret and make data collection management efficient, resulting in Data Analysis: Interview data were analyzed using thematic analysis techniques to identify common patterns, themes, and relationships that emerged from the participants' narratives. This provide a more nuanced and objective understanding of the role of family factors in the mental health of college students.

A total of 420 questionnaires were distributed through the network and 411 copies were returned, with 411 valid questionnaires. The validity rate is 97.85%. Based on the above data, the sample survey included university students from different age groups, genders, and cultural backgrounds.

**Table 1** Age

Category Number	Number of persons	Percentage (%)
A. 18-21	388	94.4%
B. 22-25	18	4.38%
C. 26-29	2	0.49%
D. 30 and above	3	0.73%
Total	411	

## RESEARCH RESULTS

This study aimed to explore the prevalence of mental health problems among university students in China and emphasizes the need for higher education institutions to pay attention to these issues. This study also examined the important influences of family factors. The study also compared the differences between the mental health of college students in Shanxi and Guangxi, including parenting style, family structure, and economic status, which affect the mental

health of students. Family factors played a key role in determining these differences. The study also examined improvements in the mental health status of college students through targeted interventions. and improving mental health support services in higher education. Finally, this study contributes to the existing knowledge base regarding the impact of mental health and family factors on the mental health of students in higher education.

## HYPOTHESIS

The findings of this study also support H1, The structure of their Ong families in impact of family structure on the mental health of college students which states that mental health problems among university students are prevalent in China. Higher education institutions must highlight and address these issues. These findings highlight the importance of providing mental health support and services to help students cope with mental health problems.

Moreover, the results confirm the hypothesis H2 The social economic status of their origin families that various factors in the birth of a family, including parenting style, family structure, and economic status, have a significant impact on the mental health of students. These findings suggest that quality of the family environment and close relationships play an important role in the mental health of college students. Therefore, family education and support programs should be developed and implemented to provide the necessary support and help students deal with stress and mental problems.

The results of the study found significant differences in the mental health status of college students in Shanxi and Guangxi. This is consistent with Hypothesis H3, the level of differentiation in the family of origin system specifically to assess how lower levels of family system differentiation and family factors play

an important role in determining these differences. This suggests that regional, cultural, and social backgrounds have an important impact on students' mental health. In addition, colleges and universities must develop appropriate assistance measures according to the characteristics of different regions.

Finally, the study confirmed hypothesis H4, that Chinese college students' mental health could be improved associated with poorer mental health outcomes family environment.

Targeted assistance measures to improve mental health support services. This study suggests that colleges and universities should strengthen their education and promote their mental health. Provide professional advice and support services and promote social support and mutual assistance among students.

In summary, this study provides important insights into our understanding of mental health problems among Chinese college students and their relationships with familial factors. This study has important practical and policy implications in improving the mental health of college students. Further research could explore other factors that influence college students' mental health, and examine the effectiveness of additional measures.

## DISCUSSION THE RESULTS

China's unique national conditions also mean that students remain inextricably connected to their families, even after entering university. Therefore, the influence of family factors on college students' mental health cannot be neglected. The important role of family factors in college students' health education cannot be denied. The word "originality" mainly refers to the original features of the research object, which is often used in electronic technology. The role of family initiative here corresponds to the meaning of "original,"

which means from the family itself. Families should have and be able to play a full role.

Number 1, examine the impact of family structure on the mental health of college students and to identify significant differences, particularly in the context of single-parent families. in the process of child growth, parents should consider the impact of their educational methods on their children's mental development. and created a scientific perspective on education. Simultaneously, parents should be aware of the impact of their mental state on their children's growth. Pay attention to the importance of teaching words and examples. This is because a good education cannot be separated from the good hearts of parents. Parents' psychological problems can also distort their children's psychology. For example, if parents have the mindset of avoiding responsibility when something goes wrong. or have thoughts of reacting negatively to things, which has a negative effect. corresponds to Fetter& Thompson, (2023). The impact of historical loss on Native American college students' mental health: The protective role of ethnic identity.

Second, investigate the effect of parental socioeconomic status on the mental health of college students, with a focus on understanding how lower family socioeconomic status correlates with poorer mental health outcomes. parents should spend more time with their children in order to increase their sense of security. The famous domestic psychologist Wu Zhihong presented a new perspective on thinking. He believes parents should have significant responsibility in this matter. and pointed out that the phenomenon that is currently occurring in many abandoned families is "No matter what status the family is in The child just doesn't follow the parents' separation." From the parents, the child is in a constant state of hopelessness, such as "Where there is no response. There's hopelessness there." Many modern children live in

"unresponsive" homes where parents leave early and return late. Alternatively, they lived far away for many years, with almost no money. Opportunity to meet with children. corresponds to Stewart, T. J., & Freitas-Murrell, B. N. (2013). Preferences for mental health treatment options among Alaska Native college students.

Finally, examine the impact of family system differentiation on the mental health of college students, specifically to assess how lower levels of family system differentiation are associated with poorer mental health outcomes. it is important to create a positive communication atmosphere among family members. Children and parents should do their best to be open and honest. Thus, they understand the essence of the problem when it arises. and have the courage to take responsibility mutual understanding Mutual understanding and tolerance, as well as finding the most reasonable and reasonable means of communication between families, are the basic elements of creating a harmonious family atmosphere. This is key to promoting the formation of good psychology. This is also key to promoting good psychology.

### Research results and limitations

Family is the starting point for socialization. Therefore, it is vital to develop individuals throughout their lives. With the influence of the family systems theory, an increasing number of academics have focused on how the family system affects a person's adjustment and psychological development. From the literature review We found that most researchers have The "hidden paradigm" is used to study family systems. The so-called hidden paradigm refers to the fact that many researchers have unconsciously examined the psychological state of college students from the perspective of the family systems theory. This results in scattered research. This discovery is just part of the

picture of an individual's true family system. Family systems theory focuses on interactions between systems. This means that we can gain a deeper understanding of personal development only by considering the family as a system. This study systematically analyzed the influence of families of origin on the mental health of college students. With an in-depth analysis of various subsystems of family of origin, specifically, it assesses the marital relationship between college students' parents and the interaction of parenting styles. This study strengthens the research on family systems theory and expands the research content. It is also important to understand the factors that influence and promote the improvement of students' mental health. It is also important to understand the factors that influence college students' psychological adjustment and promote improvement in their psychological adjustment.

## SUGGESTIONS FOR FUTURE RESEARCH

This study only focused on students in China. Therefore, our findings may not be generalizable to other populations. or cultural context To address the limitations of further studies and increase the understanding of mental health among students. Future research may consider the following recommendations: Expand the sample size and include diverse populations to increase the generalizability of research findings. Future studies should expand the sample

beyond Chinese students. years and included participants from different countries. and cultural context This allowed for cross-cultural comparisons of mental health problems and the role of family factors. Use a combination of assessment methods: Although self-report measures are commonly used in mental health research, future studies could include additional assessment methods, such as clinical interviews, observation, and physiological measures. This will help provide a more comprehensive understanding of mental health. and helps overcome the limitations of self-report measures.

Including a control group and a longitudinal design: Including a control group and conducting a longitudinal study. Researchers should be better able to establish causal relationships between family factors and mental health outcomes. This provides stronger evidence of the impact of family factors on students' mental health.

Exploring additional factors that influence mental health: To gain a more comprehensive understanding of students' mental health. Future research could examine other potential factors such as academic stress. Social support, cultural influence, and an individual's ability to recover provide a more holistic view of the factors that contribute to mental health outcomes. Following these instructions Future research could help students better understand their mental health issues. and informs the development of effective support measures and services.

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